

# Scream & shout & let it all out in style

From techcessories to 'treasure' threads, Will.i.am explains his fashionology to Metro PAGE 21



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Thursday, January 10, 2013

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## Flu: 'Tip of the iceberg'

**Vaccine.** Flu shot most effective way to ward off widespread Calgary illness, says medical director



**JEREMY NOLAÏS**  
jeremy.nolais@metronews.ca

Thousands of Calgarians are likely already suffering or will come down with a nasty bout of flu that has led to a rush on city emergency rooms and clinics in recent days, a medical director said Wednesday.

Dr. Francois Belanger confirmed reports that Calgary hospitals are operating at 100 per cent capacity as staff sort through patients suffering from both an earlier-than-normal rush of influenza as well as thousands of Norovirus cases.

Patient rooms are scarce, he added, leading to some being treated in hallways and other over-capacity areas when appropriate.

To date, officials have confirmed 20 separate outbreaks and 300 patients in the local area have tested positive for influenza.

"That's just the tip of the iceberg," Belanger said of the confirmed tests. "There's a lot

more people that are infected with influenza out there that we haven't tested."

But in cases where severe symptoms like shortness of breath and dehydration have not occurred, Belanger said the illness can be treated through self care and advised those people to avoid cramming into emergency rooms.

"Plenty of rest and lots of fluids is the initial best treatment," he said.

Calgary technician and father of two Joe Zhu said his family suffered from severe illness over the Christmas holidays and are only now beginning to recover. "We all felt knocked out," he said. "It was bad — I didn't go anywhere for two weeks."

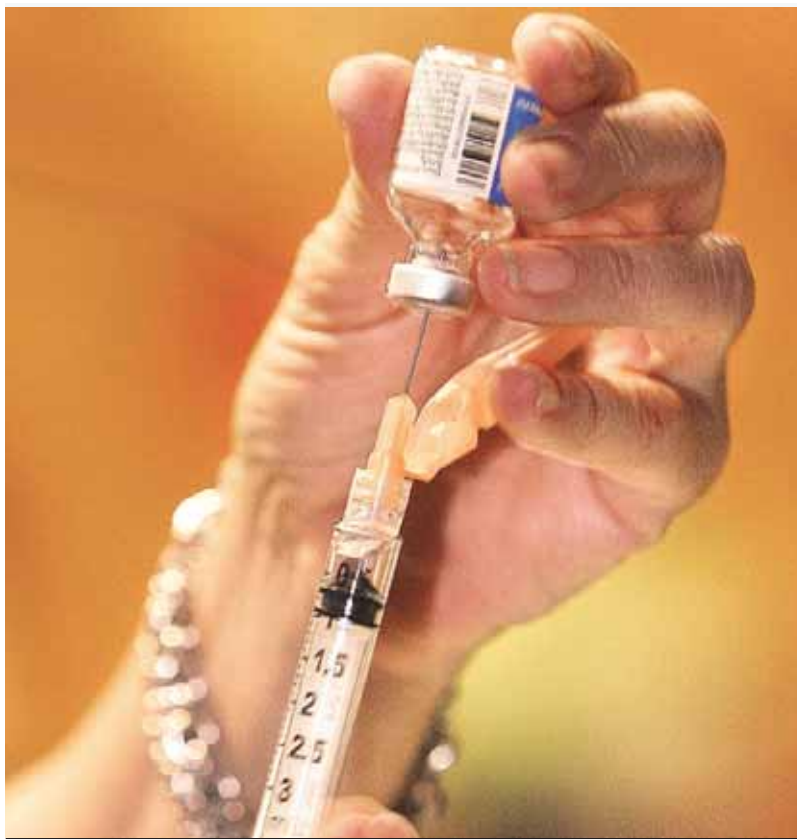
If sick, residents are advised to stay home from work, cover their mouths when coughing, wash their hands frequently and avoid preparing food for others.

Beyond that, Belanger urged those who have not received their flu vaccination to make an appointment at a local clinic.

To date, Alberta Health Services alone has administered more than 160,000 doses of vaccine in the Calgary area.

This does not include doses offered by certain pharmacists and physicians.

More coverage, page 3



Calgarians are still able to receive their annual flu shot at city clinics and other venues, and are being encouraged to do so in hopes of helping ward off widespread illness likely plaguing thousands in the city. THE CANADIAN PRESS FILE

## Oil prices dent finances

Government departments are being asked to cut spending as declining oil prices continue to weaken the province's finances PAGE 6

## Suspect in killing sought

RCMP obtain a court order to release the name of a 17-year-old charged with first degree murder in Red Deer, a rare occurrence

PAGE 4

## A soup that'll melt away the winter blahs

Enjoy a hot bowl of Italian-style onion soup with poached egg using this five-step recipe PAGE 23



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Crime

## Homicide victim rented rooms to less fortunate, brother says

Family members who gathered in Calgary for a private memorial to honour the city's latest homicide victim say he often rented out rooms in his home to the less fortunate.

But a charge laid by police suggests the kindness shown by 65-year-old Alexander Potoroka may have led to his demise.

Officers found the senior suffering from severe injuries early Sunday in his residence on Royal Oak Drive N.W. Potoroka died in hospital the next day.

An aggravated-assault charge was laid against a tenant of the home, 42-year-old Shaun Peter Desautels, but Staff Sgt. Grant Miller said Tuesday he anticipates the charge will be upgraded.

Reached on Wednesday, Potoroka's brother Art said tenants have indicated that the accused had been renting a room at the Royal Oak home since November.

"He (Potoroka) did this very often — help those that were down and out, give them a job if he could, and put them up," Art added. "Everybody we have talked to has nothing but good things to say about him."

Other tenants in the home at the time of the alleged assault have offered some details about what happened, but Art said police have told him they are still gathering information.

"There has been no motive that I'm aware of.... We may never know why an individual would do this," he said.

Potoroka's funeral is scheduled for Thursday but family members are keeping the details private. **JEREMY NOLAIS/METRO**



Peter Lougheed Centre patient Lynne Barr, seen outside the hospital Wednesday, has witnessed an influx of newcomers to the facility recently and says her own ward was quarantined while a nasty flu made the rounds a few months back. **JEREMY NOLAIS/METRO**

# Impact of illness felt by many locals

**Outbreak.** Steady flow of patients seen at Calgary hospitals

Hours-long waits were reported at Calgary hospitals Wednesday and while some patients appeared to take extra precautions, others said they'd seen the warning signs of a widespread flu outbreak for months.

Lynne Barr, a 75-year-old patient at the Peter Lougheed Centre, said her ward was quarantined temporarily a few months back as nearly every patient came down with a serious flu.

"I believe I was the only one that didn't get sick," she said.

Barr also reported patients in her wing being treated in hallways daily and higher-than-usual patient levels in common intake areas.

## Flu and norovirus 101

- **What is influenza?** More commonly known simply as the flu, influenza is a contagious respiratory illness that can prove fatal in rare cases. Seniors, young children and people with certain health conditions are at higher risk for complications associated with influenza. Symptoms include high fever, headache, cough and sore throat.
- **What is norovirus?** A

contagious virus that can be spread among people as well as through contaminated food, water and surfaces. Norovirus attacks a person's digestive system, causing inflammation of the stomach and intestines. Like influenza, the virus can prove fatal in rare cases, especially for young children and seniors. Symptoms include nausea, diarrhea, fever and body aches.

Other patients venturing into the hospital's emergency room Wednesday could be seen donning surgical masks and struggling to catch their breath. A few people speaking to Metro reported being annoyed by long waits, but others said the delays were manageable.

Real-time tracking of emer-

gency-room waits, a service run by Alberta Health Services and posted on its website for the public to see, indicated a steady flow of patients throughout the afternoon and into the early evening, with typical times ranging from two to four hours at Calgary's four major hospitals.

Secretaries at other clinics

in the city reported to Metro a higher-than-usual flow of patients.

Dr. Rabia Meghji, vice-president of the College of Naturopathic Doctors of Alberta, said her clinic's been busy of late, adding she believes naturopathic medicine plays an important role in times of widespread illness.

"I do offer a homeopathic flu preventative that most of my patients are already taking.... I do also recommend nutrients — vitamin D, vitamin C — certain herbs, homeopathics, hydrotherapy treatments. I give a dietary regimen of what they (patients) should and shouldn't eat," she said. **JEREMY NOLAIS/METRO**

## Online

For more information on how to protect yourself from the flu, head to [metronews.ca](http://metronews.ca).

1 NEWS

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# MONTY PYTHON'S SPAMALOT

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## Red Deer. RCMP name teenage murder suspect

In a rare occurrence, RCMP have obtained a court order to release the name of a 17-year-old charged with first-degree murder in Red Deer.

A Canada-wide warrant has been issued for Adam William Lee Bird, 17, of Manitoba following the discovery of 25-year-old Lloyd Robert Sarson's body in a vehicle during the early hours of Jan. 1. An autopsy revealed Sarson died of gunshot wounds.

Investigators say Bird may be in British Columbia; however, they say he could also be in Alberta or other areas of Canada.

He's believed to be armed and dangerous and should not be approached in public.



**Adam William Lee Bird** RCMP HANDOUT

The court order to release Bird's name was granted due to the nature of the alleged offense. His name can no longer be publicized after Jan. 14 at 1 a.m. **METRO**

**XL Foods**

## Multinational acquires Alta. packing plant

The XL Foods meat-packing plant that was at the centre of the largest meat recall in Canadian history has been acquired by the subsidiary of a Brazilian company.

JBS South America says its Canadian division, JBS Food Canada, expects to complete the purchase of the XL operations in Brooks, Alta., on Monday. JBS took over management of the facility in October when an E. coli outbreak led to the recall. As part of the agreement, JBS had an option to buy the facility after the plant was shut down.

THE CANADIAN PRESS

# Rumble strips in front of school zones suggested



**School-zone signs, like this one on 28th Street N.E., can often go unnoticed by drivers unfamiliar with an area, according to Ald. Jim Stevenson and school trustee Jov Bowen-Eyre.** ROBSON FLETCHER/METRO

## Unintentional.

Alderman believes many drivers break the law because school and playground zones are easy to miss



**ROBSON  
FLETCHER**  
robson.fletcher@metronews.ca

Ald. Jim Stevenson admits he sometimes has a "heavy foot" when behind the wheel, but says he always makes sure to keep his speed under control in school and playground zones.

That is, when he knows they're there.

"If I was to get a ticket in a playground or school zone I'd be terribly embarrassed," he said. "The fact is, though, there are times when I'm already into a playground zone or a school zone before I realize it."

That's one of the reasons Stevenson plans to put forward a motion at the first city

**Fine**

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The fine for passing another vehicle in a school or playground zone. The fines for exceeding the zones' 30 km/h speed limit can run as high as \$202.

council meeting of 2013, asking city staff to look at ways to make school zones more noticeable, with potential additions like rumble strips or bright road paint.

The "one lonely sign" that marks the beginning of most school zones can be easily blocked or overlooked, Stevenson said.

School trustee Joy Bowen-Eyre agreed.

"I sometimes think people just don't see the sign," she said. "It's just not big enough."

Stevenson said he has already spoken with the city's police chief and transportation director, who told him the idea is worth investigating.

Council will vote on Stevenson's motion Monday.

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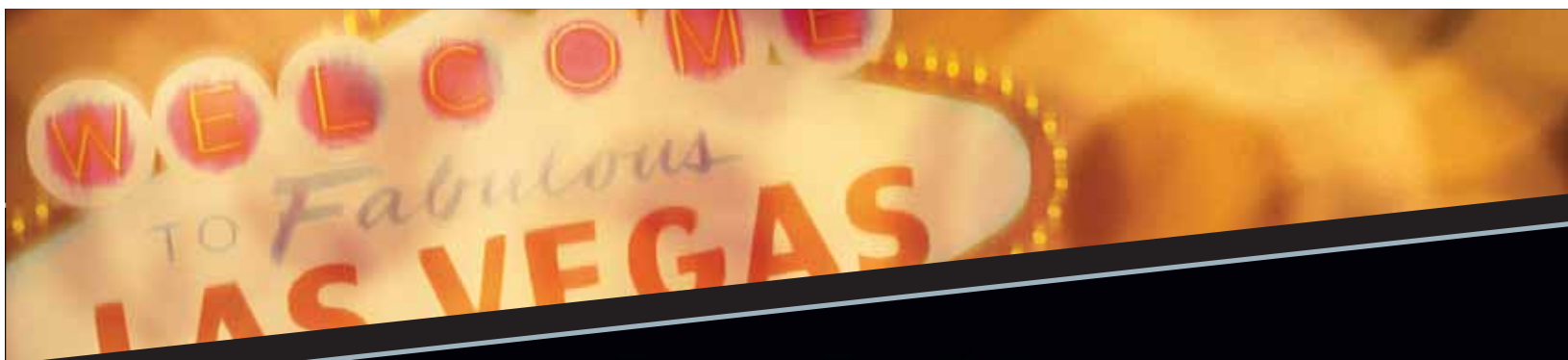
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# Union, park residents oppose privatization plans



The union representing employees at Parks Canada's Hot Springs Enterprise Unit is concerned about the privatization of hot springs in Jasper, Banff, pictured, and Radium. CAROL HARRINGTON/THE CANADIAN PRESS FILE

## Request for proposals. Plans afoot to privatize business operations at hot springs



**ROBSON  
FLETCHER**  
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Parks Canada's plan to privatize its hot springs continues to raise ire in Alberta's mountain parks, particularly Jasper.

The union representing hot-springs workers expected 100 people to attend a meeting in Jasper on Wednesday night to discuss the privatization of the park's Miette Hot Springs.

"We're concerned about our members losing their source of income and no longer being employees," said Marianne Hladun of the Public Service Alliance of Canada Prairie Region. "We're also concerned about what will happen to the condition of the hot springs."

Jasper resident Art Jackson,

who planned to attend the meeting, said many in the community are hesitant to cede control of the hot springs to a private operator.

"The whole philosophy, I think, is totally skewed," he said. "They're giving away our treasures for corporate pocket-lining."

The Banff-based Association for Mountain Parks Protection and Enjoyment, however, welcomed the move.

"Parks Canada should not be in the spa business," execu-

tive director Monica Andreeff said. "It doesn't fit with their core mandate, which is outdoor recreation and the wilderness."

Kim Wallace, another Jasper resident, questioned whether private-sector interest will be forthcoming. "If it's not good business for Parks, what businessperson would be fool enough to take it on themselves?" she said.

Tracy Thiessen of Parks Canada said the agency stands by the plan. **WITH FILES FROM ANNALISE KLINGBEIL/METRO IN EDMONTON**



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## Spending. Province tightening belt as oil revenues fall: Redford

Government departments are being asked to cut spending as declining oil prices continue to weaken Alberta's finances, Premier Alison Redford said on Monday.

Redford made the remarks at a seminar for the Realtors Association of Edmonton.

"A sudden drop in oil in the last two months has affected our finances significantly," she said. "Energy royalties historically have made up almost 30 per cent of the revenue that we rely on."

She said the government is still pushing to keep the province out of debt. "We will do everything in our power to meet our commitment to balance the budget," she said.

At a later event, Redford said the government would not raise taxes to balance the budget. "It is part of what we are talking about as ministers," she said. "Caucus and I are



**"I don't want to see new taxes,"  
Premier Alison Redford says.**  
RYAN TUMILTY/METRO

discussing it. My preference is clear. I don't want to see new taxes."

Wildrose finance critic Rob Anderson said the government should focus solely on spending. "I think Albertans are not in favour of it in any shape or form," he said from Airdrie.

**RYAN TUMILTY/METRO IN EDMONTON  
WITH FILES FROM THE CANADIAN PRESS**

### In hot water

#### Family rescued from deluged elevator

Calgary firefighters whisked two adults and a toddler to safety after they were trapped in a downtown elevator filling with water from a burst pipe.

Fire officials responded to a call at about 8:30 a.m. on Wednesday at a condo on 10th Street at 11 Avenue S.W. after reports of people trapped in an elevator stuck on the main floor. When crews arrived, they discovered a burst pipe on a higher floor that was pouring water into the elevator compartment.

Water was roughly ankle deep by the time firefighters arrived, a fire-department spokesperson said, and the trio were never in life-threatening danger.

**METRO**

### We'll wrestle you for it

#### Historic house for rent: Just \$10,000 a month

Calgary's famous Hart mansion has been posted online for renters willing to pay a pretty penny.

For \$10,000 a month, renters can live in the house that once belonged to Stu and Helen Hart and their well-known wrestling family, including sons Bret and Owen Hart.

The Patterson Heights home is more than 100 years old and was purchased by the Harts in 1951. It was sold in 2004.

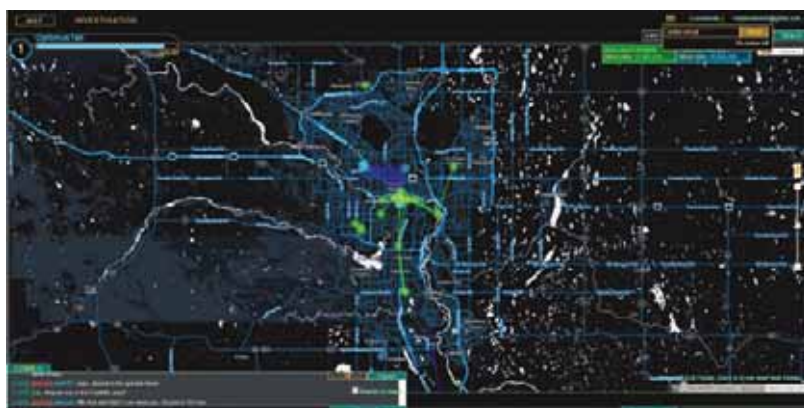
Late last year, the city declared the home a heritage site.

The Calgary Rentfaster.ca posting boasts a six bedroom, 7.5 bathroom, recently renovated home with "stellar city views."

It also has a three-car garage, gourmet kitchen and, of course, a gym.

**METRO**





This screenshot shows an Ingress map of Calgary, with green denoting Enlightened controlled areas, and blue representing Resistance. COURTESY LOUIS MAU

# Ingress forces gamers outside

**Portals and mind units.** Innovative game encourages teams to explore Calgary

**KATIE TURNER**  
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Two factions of gamers are silently fighting a war throughout the city, all from the palms of their hands.

An exclusive game called Ingress, created by NianticLabs@Google, sees invite-only players walking around the city snapping GPS-tagged photos on their Android phones of various Calgary landmarks, which then become portals.

The conceptual framework of the game is that two teams

— Enlightened and Resistance, — battle for control of portals and attempt to link portals to create a field in which all the people within that area become “mind units.”

Enlightened team member and Calgarian Lonnie Taylor said he received his invite around Christmas time and has been playing casually since then.

“It’s kind of capture the flag in a sense. You get almost like a Tron-like experience,” he said. “I’ve never seen anything like it.”

Because players have to physically be at locations to interact with the game via their mobile phones, Resistance player Louis Mau said, it’s forced him to get out and see Calgary in a new way.

“It forces you to go explore things that you may not have known about,” said Mau.

**FYI**

**What would-be Ingressers ought to know:**

- Landmarks such as the Calgary Tower and the head sculpture in front of the bow are examples of possible portals.
- Ingress players interact through Google+.
- More info can be found at nianticproject.com.

Both Taylor and Mau estimate there are about 100 active players throughout the city, but foresee the game growing in popularity should Ingress be released to the general public.

Invitations to play can be requested at Ingress.com.

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# No royal rep? No meeting: Chief Spence

**Hunger strike.** First Nations leader calls on Queen to help get Governor General in Friday meeting

Attawapiskat Chief Theresa Spence abruptly changed her mind Wednesday, refusing to attend Friday's hard-won First Nations meetings with the federal government because Gov. Gen. David Johnston isn't planning to be there.

Spence — whose month-long protest on Victoria Island was predicated on winning a meeting with both Johnston and Prime Minister Stephen Harper — said she's written to Buckingham Palace to enlist the help of the Queen.

Social-media speculation that Johnston might change his mind was scotched Wednesday afternoon by a spokesperson for Rideau Hall: "As previously stated, the Governor General

will not attend Friday's meeting. This has not changed."

Spence has been camped out on an island in the Ottawa River since Dec. 11, subsisting solely on fish broth and medicinal tea in hopes of convincing Harper and Johnston to sit down with First Nations leaders to discuss historical treaty rights.

Spence wants Johnston present at the meetings because the talks are supposed to focus on the treaty rights that were established by the Royal Proclamation of 1793, issued by King George III.

"We have sent a letter to Buckingham Palace, requesting that Queen Elizabeth II send forth her representative, which is the Governor General of Canada," she said in a statement.

A spokesperson for Johnston has said he would not attend the sessions on Friday because the gathering is a working meeting with government on public policy issues.

THE CANADIAN PRESS



## Killer whales in a fight for their lives

Orcas surface for air in a small hole in the ice near Inukjuak, Que., on Wednesday. The community, in Quebec's Far North, wants Ottawa to deploy an icebreaker to free about a dozen of the whales cornered under a vast stretch of sea ice. Locals say the mammals have gathered around one hole in the ice — slightly bigger than a pickup truck — in their desperate bid to get oxygen. Mayor Peter Inukpuk believes a sudden drop in temperature recently caught the pod off guard, leaving them boxed in under the ice.

MARINA LACASSE, HANDOUT/THE CANADIAN PRESS

### Hudson Bay

## Stranded hunters save rescuer from helicopter

A pair of seal hunters stranded on Arctic ice had to become rescuers themselves Wednesday when the chopper sent to save them fell through the ice.

Capt. Jill Strelieff of 1 Canadian Air Division said the hunters made their way through the frigid water to pull the pilot to safety.

All three men were taken to hospital and treated for hypothermia.

THE CANADIAN PRESS

### Worthy investment

## Poll shows Canadian support for arts & culture

An overwhelming majority of Canadians believe arts and culture is worthy of government support, according to the results of a poll commissioned by Canadian Heritage. Asked how important it is that government supports arts and culture, 39 per cent chose "a great deal."

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# Feminists are out to get me, Berlusconi says

**Silvio's hefty divorce settlement.** Chief judge says she was 'hurt' by former Italian PM's accusations

Former Premier Silvio Berlusconi has infuriated Italy's legal establishment by blasting a group of female magistrates as "feminist" and "communist" for what he said was a \$258,000-a-day divorce settlement.

The comments — and the backlash — have added to the drama surrounding Berlusconi's return to public life amid his continued sexual and legal scandals and his new role as the leader of a centre-right coalition campaigning in Italy's Feb. 24-25 election.

Italian media initially reported that Berlusconi's divorce



Silvio Berlusconi GETTY IMAGES

from his second wife, Veronica Lario, would cost him \$46 million a year. That breaks down to about \$129,000 a day.

But on Tuesday, Berlusconi told the La7 private television network that the amount was much higher. While he didn't detail how he got to a \$258,000-a-day figure, he said

he was ordered by the Milan magistrates to pay Lario \$46.4 million a year, with another \$93 million in back payments.

"These are three women judges, feminists and communists, OK?" the three-time ex-premier said. "These are the Milan judges who have persecuted me since 1994."

Berlusconi has long accused Milan prosecutors and magistrates of mounting politically inspired cases against him, and he frequently accuses his legal and political enemies of being communists.

Milan chief judge Livia Pomodoro said Wednesday that she was "surprised and hurt" by the remarks, and "as a woman I am degraded."

In a joint statement, Pomodoro and the head of Milan's appeals court "strongly rejected any insinuation of partiality" by the tribunal's judges.

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# Botched probe must spark change: Lawyer

**Soldier suicide.**  
Investigation designed to absolve military, argues retired colonel

The pain endured by the family of an Edmonton soldier who killed himself should be used as a springboard for changes to the treatment of veterans and their loved ones, the family's lawyer said Wednesday.

The investigations into the 2008 suicide of Cpl. Stuart Langridge were handled in an inept manner, retired colonel Michel Drapeau told the Military Police Complaints Commission hearing.

After eight months of work and 92 witnesses, the hearing ended Wednesday, with Drapeau and lawyers for the government pressing their cases for a final time.

The public interest hearing was convened following complaints from Langridge's family that the investigation into their son's death was biased and designed to absolve the military.

Langridge, a veteran of Afghanistan and Bosnia, hanged himself in March 2008 following treatment for drug and alcohol addiction in a civilian hospital.

The inquiry heard how military police concealed Langridge's suicide note from his parents for 14 months, claiming it was evidence in a suspicious-death probe. The investigators stuck to the line even though the coroner at the scene described it as a clear-cut case of suicide.

Had the note been released immediately, several subsequent complications — including difficulties figuring out who was Langridge's next of kin and what kind of funeral he wanted — could have been avoided, the hearing was told.

But the National Investigation Service has acknow-

ledged it mishandled the note and has improved its procedures since, said Korinda McLaine, lawyer for the federal government.

"Although it may be tempting to look back on the investigations with the perfect lens of hindsight, that would not be fair to the subjects in this complaint," she said.

There were also conflicting claims about whether the troubled soldier was on a suicide watch prior to his death. If so, the military would have been liable for his death.

The inquiry also heard how the final military police report into the death was heavily rewritten and censored.

All of this was to protect the military, not respect Langridge or his family, Drapeau said.

THE CANADIAN PRESS

## Unimpressed

**"It has created an extra layer of pain ... that was preventable ... had a modicum of transparency, accountability and basic compassion been displayed."**

Retired colonel Michel Drapeau on investigations into the suicide of Cpl. Stuart Langridge.

## Hearing date set. Alleged murderer Luka Magnotta returns to the courtroom

A shackled Luka Rocco Magnotta remained impassive as he made his first court appearance since last June on a first-degree murder charge in the gruesome slaying of a Montreal university student.

Lawyers set the stage on Wednesday for a preliminary hearing beginning March 11.

The hearing, which will determine whether the 30-year-old Ontario native is sent to trial, is scheduled to last at least two weeks and possibly resume in June.

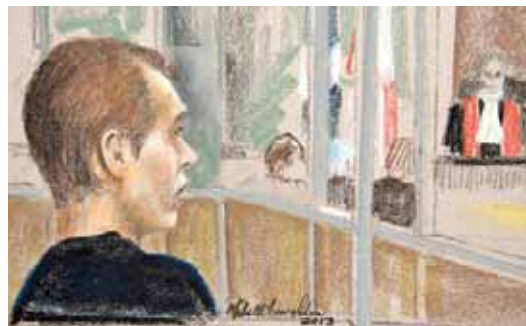
Magnotta is charged with

first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin last May.

Most of the contents of Wednesday's 35-minute hearing cannot be revealed because of a publication ban.

Magnotta faces other charges: Committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

THE CANADIAN PRESS



An artist rendering of alleged killer Luka Rocco Magnotta in a Montreal court on Wednesday. MIKE MCLAUGHLIN/THE CANADIAN PRESS

## Newtown shooting

### Obama to take drastic action on gun control: VP

U.S. President Barack Obama intends to take serious action on gun control, even if it means circumventing Congress and issuing executive orders to do so, Joe Biden suggested Wednesday.

"The president is going to act," said the vice-president, who's heading a task force on gun control.

Last month's mass shooting in Newtown, Conn., has necessitated "immediate, urgent action," Biden added.

Obama hopes to announce his administration's gun-reform measures shortly after his inauguration on Jan. 21.

The inaugural weekend festivities might be disrupted by a coalition of conservative and gun-rights groups organizing a "Gun Appreciation Day" on the weekend of the inauguration. The group is calling on people to visit gun stores, gun ranges and gun shows with U.S. flags and "Hands off my gun" signs.

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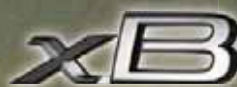
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## Commuting. Ferry strikes dock in Manhattan, injuring dozens, 11 badly

A high-speed ferry loaded with hundreds of commuters from New Jersey crashed into a dock in lower Manhattan on Wednesday during the morning rush hour, seriously injuring 11 people, including one who suffered a severe head wound falling down a stairwell.

Scores of people who had been standing, waiting to disembark, were hurled to the deck or launched into walls by the impact, which came after the catamaran Seastreak Wall Street slowed following a routine trip across New York Bay and past the Statue of Liberty, passengers said.

"We were pulling into the dock. The boat hit the dock. We just tumbled on top of each other. I got thrown into everybody else.... People were hysterical, crying," said Ellen Foran, 57, of Neptune City, N.J.

The collision, which ripped open a small part of the hull like an aluminum can, happened at 8:45 a.m. at a pier near the South Street Seaport at Manhattan's southern tip. Around 70 people suffered minor injuries, and for nearly two hours paramedics treated bruised and dazed passengers on the pier.

THE ASSOCIATED PRESS



An injured passenger from the Seastreak Wall Street ferry is interviewed by a police officer in New York Wednesday. RICHARD DREW/THE ASSOCIATED PRESS

## Ride down Russian ski slope inside zorb ends in death



Denis Burakov, left, inside a large plastic ball called a zorb.

PROVIDED BY YEKATERINA ACHKASOVA /APTN/THE ASSOCIATED PRESS



Burakov and a friend inside the zorb on Jan. 3 as they roll down a hill before tragedy struck. PROVIDED BY YEKATERINA ACHKASOVA /APTN/THE ASSOCIATED PRESS

**On video.** Giant plastic ball flies off course, killing man and leaving friend badly injured

It was supposed to be a thrilling ride down a ski slope inside a giant inflatable ball, which is to be one of the symbols of next year's Winter Olympics; it ended in tragedy for the two Russian men inside.

The transparent plastic ball — known as a zorb — veered off course and sailed over a rock ledge in the rugged Caucasus Mountains of southern Russia. The ball picked up speed as it flew down the steep slope, rolling and bouncing. One man

was killed and the other badly injured.

The man who died, 27-year-old Denis Burakov, was with friends at the Dombai ski resort, where they frequently went snowboarding, on Jan. 3 when he decided to take a ride in a zorb being operated next to a beginners' slope. His friend Vladimir Shcherbakov joined him.

An eight-minute video taken on Burakov's phone by one of his friends shows the two men being fitted into harnesses inside the zorb, which consists of two polyurethane balls with a layer of air between them. The zorb is then released to roll down the hill, the two men spinning inside.

But the zorb bounces off of the intended path, and a man waiting for it at the bottom of the hill tries in vain to catch the ball before it pops over a rocky ledge and disappears down a gorge below Mount Mussa-Achitara.

The person filming the video is heard swearing and asking "What's down there?" The answer from someone off camera: "It's a catastrophe down there." THE ASSOCIATED PRESS

### Quoted

"The transparency of zorbs also reflects the open, accessible and inclusive society that Sochi 2014 Games is helping to build."

Dmitry Chernyshenko, head of the organizing committee, speaking in 2010.

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## Lotto win fallout

## Wife of slain U.S. lottery winner questioned

Chicago police investigating the mysterious cyanide death of a lottery winner questioned his wife for more than four hours and executed a search warrant on their home.

Shabana Ansari's attorney, Steven Kozicki, says Ansari was subjected to a long session of questioning at a police

station in November and that detectives searched the home.

Ansari would not talk about the circumstances of her husband's death, saying it was too painful to recall. She said only that he fell ill shortly after they ate dinner together. Khan died just days before he was to collect \$425,000 in lottery winnings.

Authorities initially ruled the death a result of natural causes, but further tests showed he was poisoned and his death was reclassified as a homicide.

THE ASSOCIATED PRESS

## Get your bling

## Duffel bags full of jewelry a headache for N.Y. police

Police in upstate New York face a daunting task in finding owners for jewelry and other valuables discovered stuffed into 31 duffel bags.

Few clues point to the owners of the roughly 30,000 items discovered after 39-year-old John Suddard's recent arrest. So police in the village of Hudson Falls near the Ver-

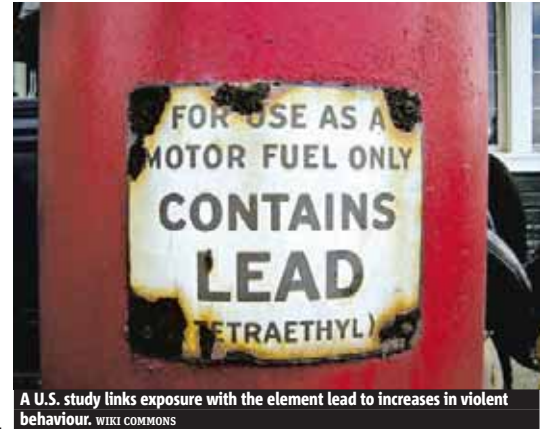


A pile of jewelry among the mass of seized stolen goods.

THE ASSOCIATED PRESS

mont border are taking the novel step of displaying the items at the local high school Wednesday night.

THE ASSOCIATED PRESS



A U.S. study links exposure with the element lead to increases in violent behaviour. WIKI COMMONS

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## Elizabeth Kolbert

STAFF WRITER, *The New Yorker*  
AUTHOR OF *Field Notes from a  
Catastrophe*

"Welcome to the Anthropocene"

Increasingly we live in a world made – or remade – by man. The composition of the atmosphere, the chemistry of the ocean, the fate of other species: all are being determined by people.

For this reason, many geologists argue that we've embarked on a new epoch: the Anthropocene. What is life in the Anthropocene going to be like? And what are the responsibilities that come with this new age?



Photo by Nicholas Whitman

Elizabeth Kolbert's three-part series on global warming, "The Climate Of Man," won the 2006 National Magazine Award for Public Interest, the 2005 American Association for the Advancement of Science Journalism Award, and the 2006 National Academies Communication Award. She is the author of two books, including *Field Notes from a Catastrophe* (2006), on global warming.

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Link found  
between lead  
exposure and  
violent crime

**Study.** Findings say exposure attacks the brain's neuron connections, causing lower IQ, attention-deficit disorder and aggression

## It's everywhere

Lead can be found in many forms around the home, including:

- **Walls.** Homes built before 1980 commonly used lead paint.
- **Containers.** Pottery and crystal, especially from Latin America, can be lead-glazed.
- **Soil** contains trace lead, and concentration is higher in urban areas.

It's in your lipstick and front garden, and scientists now claim to have proven that the metal element lead causes violent crime.

Wide-ranging research into a "public health catastrophe" showed people exposed to lead as children are more likely to offend as adults.

Using data from 90 U.S. cities since the 1950s, researchers at the University of Tulane, New Orleans, found that violent crime rates mirrored lead emissions.

They rose sharply around 20 years after the introduction of leaded gasoline and began to fall the same interval after it was phased out in the 1970s.

Crime rates remained high only in cities where emissions remained high.

The correlation also applied at a neighbourhood level and the data is even being used by local police forces.

Researchers balanced the findings against social factors such as income, education and race, but the results remained consistent. The research was "carefully controlled," said independent toxicologist Prof. Alastair Hay of the University of Leeds, who was "convinced" by the conclusion.

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# Lump it! Half of Canadians pay into RRSPs all at once





**March 1 deadline.** But stress of saving would be reduced by putting aside smaller sums throughout year, new survey finds

Canadians who are stressed about the annual RRSP deadline are not alone, according to a new study that found 60 per cent of respondents feel anxious about coming up with the money for their retirement savings.

And almost half of respondents to the survey — 49 per cent — who make an annual RRSP contribution do so in a lump sum, said the Bank of Montreal study.

The uneasiness around the March 1 deadline is understandable when Canadians have to deal with other financial priorities, said Marlena Pospiech, senior manager with BMO Wealth Planning Group.

"If they haven't saved regu-

Market Minute	
	<b>DOLLAR</b> 101.25¢ (-0.10¢)
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<b>Natural gas:</b> \$3.11 US (-10.5¢)	
<b>Dow Jones:</b> 13,390.51 (+61.66)	

larly it could be really hard, especially coming out of the holiday season and if they have racked up a lot of debt over that time," Pospiech said.

The study also found 54 per cent of those surveyed would feel less stressed if they made regular RRSP contributions throughout the year to meet the deadline. **THE CANADIAN PRESS**

## Speculation

### Will Apple make a cheaper iPhone?

A published report says Apple may introduce a cheaper iPhone in an effort to reclaim some of the sales that the company has been losing to less expensive handsets running on Google's Android software.

A story in The Wall Street Journal speculates that Apple could lower the iPhone's price by equipping the device with an ex-

terior that costs less than the aluminum housing on current models.

The cheaper iPhone could come out as early as this year, or the idea could be scrapped, as has previously happened. The Journal cites unnamed people briefed on the matter. Apple Inc., which is based in Cupertino, Calif., declined to comment.

Prices for the latest iPhones without a wireless contract currently start at \$699 on Apple's online store. **THE ASSOCIATED PRESS**

## End of an era

### Solong Messenger, hello Skype

Those nostalgic for the days of overly personal status updates and usernames with alternating caps may be disappointed by Microsoft's latest move to retire its once-dominant MSN/Windows Live Messenger.

Accounts will be migrated over to Skype during the course of the first quarter of 2013, according to a blog post from Tony

Bates, president of Microsoft's Skype division. The software giant purchased Skype in 2011.

The march toward the Great Recycling Bin in the Sky started weeks ago for Messenger, when newly released Skype 6.0 allowed users to sign on with their Microsoft account.

To make the move from Messenger, users can simply download the latest version of Skype and log in. The software will take care of the rest.

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# IT'S ALL IN THE GAME — TIME TO MAKE UP



**HE SAYS...**  
John Mazerolle  
metronews.ca/voices/  
he-says

Yes, yes: I'm deeply shocked that people who make a lot of money are greedy, especially professional athletes and corporate owners, two groups that have such a strong record of

selflessness.

Now pipe down. The game's on.

I'm unequivocally, unapologetically ecstatic the NHL is back from its four-month lockout. This apparently makes me a sheep, according to many bitter fans and newspaper columnists. Baa, baa, go Bruins.

I suffered as much as the next person — my local bar replaced hockey with '80s karaoke — but I know that any ill feelings will melt away for me as soon as the puck is dropped. Sorry.

If you're still bitter, you at least have some goodies coming your way. The NHL knows it has some making up to do and has announced a series of initiatives to help win back fans who are sore with the league. I've obtained a copy of their game plan, highlights of which are printed below.

## NHL Fan Redemption Program: Don't Look Back in Fan-ger

### Keep the goodies coming

**Fans to get premium interest rates for any loans used at games to buy hotdogs and beer.**

- "Thank you, fans" messages plastered throughout league will have not one, not two, not three but FOUR exclamation points, to show it's not hollow. They will be placed not just on the ice but also in other places where they can be easily viewed, such as on the seats in Phoenix.
- Ilya Bryzgalov, Tim Thomas and Paul Bissonnette to lead league-wide seminars on dealing with the media.
- The league hopes to put a positive spin on the work stoppage with a free download of Stompin' Tom Connor's little-known Hockey Related Revenue Song. ("Hello out there, Bettman and Fehr; it's lockout night tonight. The Make Whole's closed and the pension grows, but the NHL's on ice...")
- Fans to get premium interest rates for any loans used at games to buy hotdogs and beer.
- The NHL will expand further to Corpus Christi, Texas, and Mobile, Ala., so that the current expansion teams don't seem so ridiculous. Other possibilities include Mexico, Japan and the molten-hot core of the earth. Anything but Hamilton.
- Half-price coupons for the season-ticket holders in Anaheim: specifically, David and Jennifer Boyd of 1058 Sunnyside Ave., Anaheim, Calif.
- Make NHL Centre Ice free, UNLESS revenue is less than \$2.2 billion this season, in which case part of an NHL Centre Ice fund will go into escrow, which would then be distributed to Make Whole production costs, provided fans don't decide to file a disclaimer of interest, in which case...
- Gary Bettman leaving NHL to take over NASCAR. His first goal will be to expand the sport into blue states and Canada.

### Say your piece

**Which token will lose its Free Parking spot?**

The gig is almost up for one of the eight Monopoly tokens. But which will it be? Iron? Thimble? Top Hat? Or another of their board-game buddies?

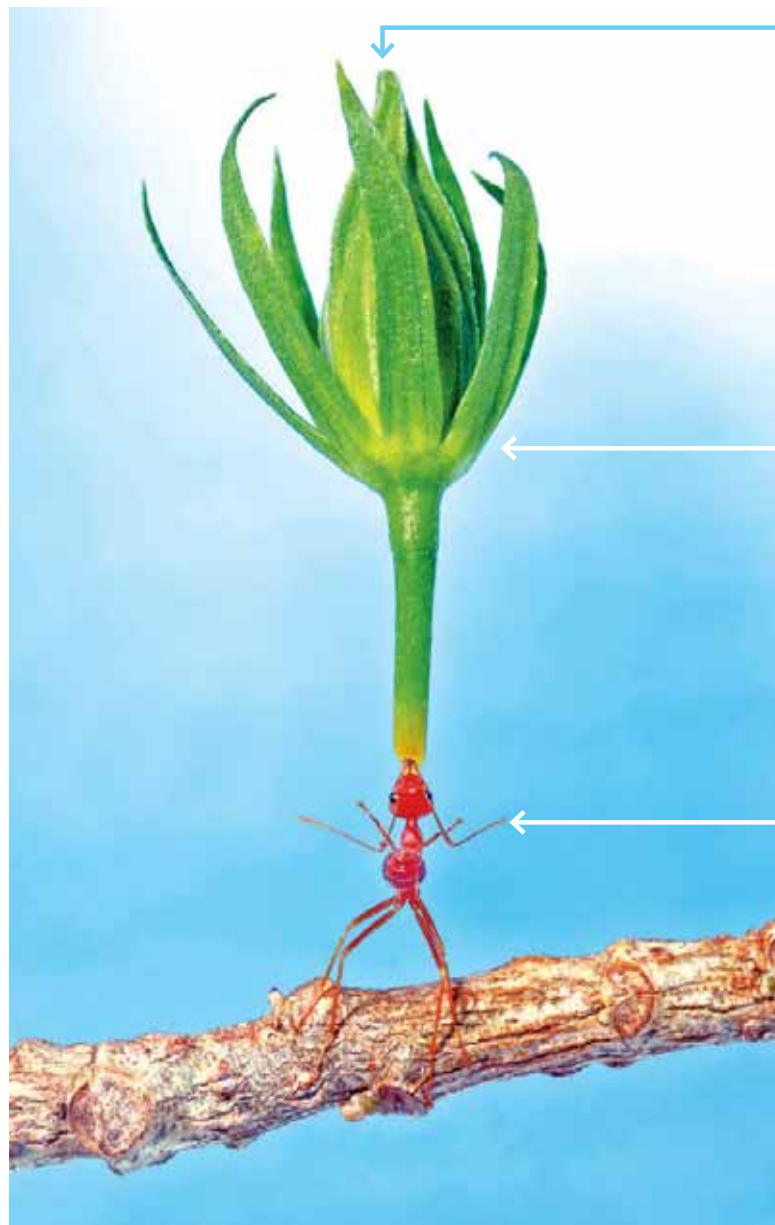
Hasbro is holding a Facebook contest to eliminate one of the eight tokens



that identify the players and introduce a new one. Possible new tokens include a cat, diamond ring, guitar, toy robot and helicopter. So if you are tired of the iron token and would rather be represented by a robot, here's your chance to make those wishes known. Facebook fans of Monopoly can vote on which piece to eliminate and which one to add. The voting ends Feb. 5.

THE ASSOCIATED PRESS

# Straight from the ant's mouth



## Mighty balancing act

### Insect shows off towering feat

This red ant puts on a show of incredible strength and balance as it lifts a large flower bud above its head. The insect stood on its hind legs and balanced the green shoot with its mouth as it sauntered across the tree branch. Photographer Lessy Sebastian, 48, spotted the ant near his mother's house in Jakarta, Indonesia.

METRO WORLD NEWS

## This bud's for you



**"I got the idea to replace one of the leaves they were carrying with a little flower bud."**

Lessy Sebastian, photographer.

Sebastian intentionally added the flower bud to the pile of leaves the ants were gathering and sat back and waited for one to pick it up.

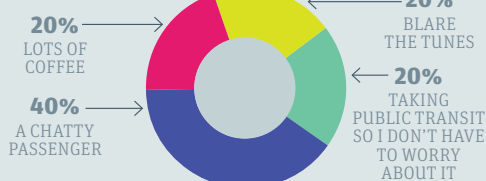
## Ant facts

- **Legendary strength.** A leaf-cutter ant can carry a leaf 50 times its body weight.
- **As old as dinosaurs.** Harvard scientists estimate that ants first arose in the mid-Cretaceous period — about 110-130 million years ago.
- **Population.** Experts reckon ants number up to 10 quadrillion (10,000,000,000,000) — more than 140,000 times the human population.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

**One in 24 U.S. adults have admitted to falling asleep behind the wheel. What's your best tip for staying alert on the road?**



Twitter

@shillelaghspub:

Isolated showers today and then freezing temps/snow overnight?! This can only go well!! #yyc

@KelseyHip:

Mother Nature you saucy minx, you made it smell like Spring this morning! #yyc

@teebraady:

Dear old man snow blowing your lawn and moving the snow into the street, you're doing it

wrong #calgary #YYC

@MorganJean997:

Just gave up my seat on the train for a little old lady. She said I'm the first person to ever do that & I made her day. Well Awh! #YYC

@StephDoward:

Nothing could have made my day better than seeing that one of my neighbourhood domestic bunnies has so far survived winter! #yyc #rabbit





# Fox chairman happy network escaped from a difficult 2012

**Ratings.** Network banking on a strong January to return it to the top of the television charts

NED  
EHRBAR  
Metro World News

In stark contrast to NBC president Robert Greenblatt's triumphant entrance Sunday, former NBC head and current Fox chairman Kevin Reilly began his network's presentation to the Television Critics Association on a much humbler note, admitting that Fox is "limping our way in out of 2012," he said.

"No one is happier than us to turn the page."

But even NBC's Greenblatt conceded earlier this week that January is traditionally where Fox's ratings come alive, thanks primarily to the return of American Idol, which debuts with new judges Mariah Carey, Nicki Minaj and Keith Urban Jan. 16.



Kevin Reilly, Fox chairman, didn't mince words when giving his assessment of 2012. GETTY IMAGES



## AMC's The Walking Dead drawing the attention of larger networks

Fox chairman Kevin Reilly continually pointed to the success of AMC's The Walking Dead as something the network is aware of and looking to keep up with, especially where Fox's new serial killer drama, The Following, is concerned.

"There have been more violent shows on TV. Clearly there is appetite, people like these things," he said.

"When you put on a thriller, you have to compete at that level. We must match the intensity, otherwise we'll pale in comparison." NED EHRBAR/METRO WORLD NEWS

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Canada



## Reilly slams NBC over The Voice

The second season of Fox's latest Simon Cowell-fronted competition, the X Factor, faced some stiff competition from Fox chairman Kevin Reilly's former employer.

"It was slightly on the cheesy side," Reilly said of NBC putting a cycle of The Voice up opposite the X Factor in September.

"It went in the file for later reference."

While numbers for the British import dropped this

year, Reilly stayed upbeat. "Pound for pound, I think the X Factor was excellent this year," he said. "Last year, the ratings were a little bit higher, but I think it was a better show this year."

NED EHRBAR/METRO WORLD NEWS

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The Carrie Diaries premieres Jan. 14 at 10 p.m. ET on City. HANDOUT

# Before Blahniks and Big, Bradshaw had a bestie...

**The Carrie Diaries.** Canadian actress Ellen Wong is set to get Carried away as the young pal of one of New York's finest

ELIZABETH  
BEDDALL  
scene@metronews.ca

**So, much like the young Carrie Bradshaw in your new show The Carrie Diaries (played by AnnaSophia Robb), you've recently been bouncing back and forth between New York City and your hometown (Toronto). Is there a location you prefer?**

At this point in my life, I love being in New York. I'm being introduced to an amazing city that oozes with creativity and vibrancy and I'm learning more about myself creatively, being there. And also getting to work on a show with so many amazing people ... I love it.

It's almost like my second home. But Toronto, I always say that my heart lives there. Every time I come back, it's like I don't need to adjust to anything, I'm just home.

**In the show you play a young Carrie Bradshaw's loyal, bright and hard-**

**working high school pal Jill "The Mouse" Thompson. Are there similarities between you and your character?**

That's one of the main reasons I'm drawn to the show. Because I felt like I related to the character very much. But I also saw a chance to play a character that I never really saw on TV growing up.

I'm playing a girl oscillating between two worlds — she has Chinese parents so her world at home is different than the world that she goes to school and exists in with her friends. So she's trying to find a place that fits for her.

**Were you a big Sex and the City fan in its heyday?**

I actually started watching the series after we shot the pilot. It was a fun project and I watched the entire series over the summer. It was the best way to watch it because I wasn't having to wait week to week to see what was going to happen next.

## Mouse mellows out

**"I'd like to see her loosen up a little bit as the series goes on, to just go with the flow."**

Ellen Wong

**So every girl likes to align herself with a character. Are you a Miranda, Charlotte, Samantha or Carrie?**

Sometimes I feel like I always give a different answer because I've thought about it so much. What I loved was that there weren't really the stereotypical archetypes in the show — each of the characters had their own thing but were also very related.

What I really liked about the show was that I was able to identify with each of the characters. And that was similar with the Carrie Diaries. You have all these people with unique at-

tributes but then they also are growing up and trying to figure out their lives together and you can relate to all of them.

**Fashion and this franchise go hand in hand. So if Mouse was catapulted to the future and became an actual character on Sex and the City, what would her wardrobe look like?**

I think she would have more flair because I think right now she's very conservative and practical. Which is fine and it's who she is now. I'd like to see her loosen up a little bit as the series goes on, to just go with the flow. Maybe soft, silky pieces, but still conservative and closed up ... just a little bit more of a risk taker here and there with more colours and different lines.

**What store would she max out her credit card at?**

I see Mouse as someone who would end up very worldly, so maybe she would get her wardrobe from all over the world.

## Advertising

### Shatner joined by Cuoco on Priceline

William Shatner is getting a new Priceline commercial co-star: Kaley Cuoco of CBS' The Big Bang Theory.

In an upcoming campaign for the online travel services company, Shatner's Negotiator reveals he has a daughter, played by Cuoco. She's been schooled since childhood in the art of — what else? — deal-making, and now is ready to join dad in pitching Priceline.

The 27-year-old Cuoco said Shatner, 81, has made Priceline "cool," but the company wanted to update its message for younger consumers.

Cuoco said she and Shatner taped two spots for the ad campaign that begins Jan. 14. **THE ASSOCIATED PRESS**

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Justin Bieber ALL GETTY IMAGES

## After another fight Gomez is 'done' with Bieber

Justin Bieber has been having a turbulent 2013 so far, and it may all stem from his failed attempts to patch things up with Selena Gomez. The pair reportedly embarked on a New Year's getaway to Puerto Vallarta, Mexico, but Gomez left

before any champagne bottles could be opened, according to Us Weekly. "They had another huge fight, and Selena won't forgive him," a source says of Gomez, who flew home Dec. 30. "Selena is done with him."



Eva Mendes and Ryan Gosling

## Gosling's mom given key to Eva Mendes' closet

Ryan Gosling's girlfriend, Eva Mendes, didn't make it to the Gangster Squad premiere earlier this week, but some of her stuff did at least. "My mother's wearing all my girlfriend's clothes,"

Gosling, who brought along mom Donna as his date, told E! News. Donna, donning a short dress and elaborate trench coat, confirmed, "I'm wearing Eva Mendes. She let me raid her closet."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## An opinion on what The Bachelor is really thinking



THE WORD  
Dorothy Robinson  
scene@metronews.ca

In Touch magazine has "exclusive pics" of the "sexiest bachelor ever" in this week's edition. The mag shows this season's star of The Bachelor, Sean Lowe, with his torso wrapped in a blue towel as he channels his inner Angelina in an undisclosed shower somewhere.

After he covered up, he gave an insightful interview to the magazine. (Just kidding! It was a totally generic chat!) Lowe, who is a former linebacker and

works as an insurance salesman, says he is "very hopeful that I'll meet a great girl" on the show. "I would love to get married. I'm absolutely ready for love."

As he whittles down the pool of 26 single, desperate women to his one true love on national television, he has an idea of what he is looking for. "She has to be genuine, want the same things I want, and have a great sense of humour," he says.

Just for once, I wish these guys would speak the truth: "I'm looking for someone who is as fame-hungry yet dim-witted as I am, who will pretend to be my girlfriend for the allotted time our contract spells out. She should also be skinny and look like a professional dancer from Reno. Not eating my arm in my sleep due to starving herself through most of her 20s is also a bonus."



Lindsay Lohan

## Lohan's mother blames Lindsay's dad for their daughter's problems

Dina Lohan says all of daughter Lindsay Lohan's problems can be blamed on Michael Lohan being an awful husband. "Lindsay saw her dad abuse me. That's why she's so screwed up," Dina tells the New York Daily News. "She saw a lot

of crazy stuff. I want the world to know the root of her problems." Michael, for his part, refutes the claims. "She's bringing this up now because she's drinking and partying with Lindsay," he says. "And she keeps robbing Lindsay. She is the devil."

### Twitter



@rihanna

I bet you wanna know what I'm all about



@Sethrogen

They may have made a disgusting mockery of news media as we know it, but Fox has put together one hell of a Tuesday lineup.



@RebelWilson

I got dressed in the dark this morning (weirdly, I look better than usual...maybe I should cut off the electricity more often?)



@SethMacFarlane

Just want to point out that the dinner party in "The Hobbit" is the same length as an actual dinner party.

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# Will, here I am!

**Oh, this right here?**  
When Will.i.am. gets dressed, he wants you to notice his clothes — and gadgets too. He talks techcessories, Kanye West and Japanese fashion.

**RICHARD PECKETT**  
life@metronews.ca

"It's like warp speed now and BOOM! It's pretty exciting." That's how Will.i.am describes taking his i.am+ iPhone accessory from conception to the shop floor in just seven months. We're sitting in a recording studio in London talking about his love of gadgets and fashion, which, by the way, hasn't gone unnoticed amongst his music pals.

DJ David Guetta describes him as "a bit of a crazy scientist who has difficulty with only doing one thing at a time." So true. Right now, his long list of side projects include appearing as a judge on Britain's version of The Voice, an album with Guetta and a X-Factor-style television show that he plans to release in late 2013.

## What were you trying to achieve with the i.am+ project?

Let's take a tourist with their camera and their sense of odyssey, documentation and pleasure and turn this into a cool, wearable camera. It's an iPhone case that actually serves a functional purpose — it's phone, function and fashionology. Personalization, customization and rare oddities are the season right now. You can have anything right now, but what about limitation and exclusivity? You don't want to go all the way Steampunk



Will.i.am's foto.sosho is being marketed as the world's first digital camera and app combination for the iPhone 4s and iPhone 5. It transforms phones into a digital cameras with photo filters, image editing and instant social media upload. PROVIDED

because Steampunk is like super, super, super, dooper rare. What I mean is, the design has to pay tribute to limitation and functionality.

## A lot of celebrities branch out into design and fashion, why do you think it's becoming so commonplace?

You want my honest opinion? Their manager told them that they could make some money here.

## Like who?

I don't want to put people under a bus.

## What do you think of Kanye West's line?

Kanye, I see his passion and I understand his passion. He's going to figure it out.

## Is that your way of saying his clothing line still needs some work?

No, Kanye's game is that he wants to design. He's saying, "I want you guys to see my stuff." That's dope, right? He's not playing the usual (celebrity) game — he's passionate.

## Would you buy any of his designs?

Yeah, because I like going for treasures. I want people to say, "Where did you get that?" "Oh, this right here? This is one of Kanye's pieces." I got it. They're conversation pieces.

## Speaking of conversation pieces, you collaborated on a collection with the Japanese label Rynshu. How did you discover the line?

I was that guy who said, "Where did you get that? Rynshu? What the hell's Rynshu? Can you text it to me?"

## What kind of guy wears Rynshu?

Tech-savvy, fashion-forward people. Invisible tastemakers.

## Sounds like you. You've had a few different looks over the years. How do you know when it's time to change it up?

When you see this silhouette (points to himself) out multiple times on people that you probably wouldn't want to hang out with. That's why I hit up Rynshu, Loveless, Verbal and Yoon in Japan. I go to all the little cool spots that are rare enough, so I don't look like everybody else. I need to have some oddities, dude!

## How would you describe your look at the moment?

Short in the back, long in the front, draping on top and skinny on the bottom — with big shoes.

## THE MAN'S MANY LOOKS

If each outfit were a song, what would Will.i.am call it?



"I'd call that one Ghetto Egypt. It's fit but loose. I like different shades of black and gold. Right now, all the kids are rocking two chains, so I'm rocking five."



BOTH PHOTOS GETTY IMAGES

"I'd call this look, Peace. (Laughs) Err, we were being fun and young. No ... no, I wouldn't wear that now."

## The Kit

# Canadian street style

Spotted in: Halifax

**Katie Tower**  
Graphic designer  
Age: 26

## What she's wearing

Club Monaco coat, Madewell shirt, Urban Outfitters necklace, H&M skirt, Hansel from Basel tights, Boots from Soula in Brooklyn, Topshop purse.

## Her inspiration

"I dress for my mood and the weather."

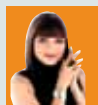
I also take inspiration from blogs and stylish people I see on the street."

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@Jeanne\_Beker: Attention foodies: Feast your eyes on Chef Damon Campbell's scrumptious creation for @shangrilato



@Jeanne\_Beker: Some of my favourite old evening bags! Showing off my collection @theloopca Stay tuned...



# Showing your home? Make it perfect

It takes more than just luck to sell your house. With proper evaluation of both your property and the current market, your chances of success are greatly increased. But many factors can ultimately contribute to a successful showing/sale of your home. Here are five tips you might consider when selling your largest financial asset, from Todd Talbot Host of Love It or List It Vancouver. The show premiered Monday on W Network.



## First impressions

Many folks forget the first impression! Even before a buyer sees your home, they need to get through the front door. Make sure that the key and the lock work effortlessly. Don't leave instructions to "pull hard on the door, jiggle the key to the left, then quickly to the right". First question I'd be thinking: "What else is wrong with this place?"

## Be prepared

Make sure everyone living at the house is aware when showings are scheduled. The buyer and the Realtor knock, then audibly announce their arrival, but you can't hear because you are in the shower. Wandering out of the shower as potential buyers are wandering down the hall is awkward. It happens!



## Appropriate presentation

Ensure the house has an appropriate presentation. False teeth on the bedside table, or a camera on a tripod pointed at the bed tend to draw focus away from the house. Make sure that the house — and only the house — is the most memorable aspect of the tour.

## Know your weaknesses

Do you really want to be at the meeting when the offer is presented? Will you be helpful to the negotiations or harmful? Can you control your emotional response? Are you so friendly and chatty that you detract from the process? Know your strengths and above all, know your weaknesses and discuss a strategy with your Realtor. Remember that while your home is your pride and joy, ultimately the sale of that home is a business transaction. And that can be hard emotionally. Your Realtor is a professional who acts on your instructions. Sometimes the best choice is to let your agent negotiate reporting back to you when a decision needs to be made.



## Plan the closing day

Pick dates for completion and possession that allow you to seamlessly move into your new home. It's not ideal to have to keep all your worldly possessions in a moving truck for a few days while you wait for your new house. So have a plan in mind that you discuss with your Realtor in advance of receiving an offer.

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## Microwave cleaning

## Take a look, it gets messy in there



**CHARLES THE BUTLER**  
askcharlethebutler@metronews.ca  
For more, visit charlesmacpherson.com

Now that the holidays are over and my extended family is gone, I noticed that the inside of my microwave oven is a bloody mess. How do I clean the inside of my microwave oven? Because I live alone and am always very careful, I have never needed to clean the inside, even after 10 years of use, but now that

others have made a mess of it I don't know what to do.

Cleaning the inside of the microwave oven is important to do on a regular basis, as we don't necessarily see dirt or food particles, but build-up of these items will happen on the inside of the unit and therefore needs to be cleaned regularly.

First, you should always read the instruction manual for your particular microwave oven and follow their directions.

Secondly, I have boiled water on high for four to five minutes, this has given me enough steam inside the microwave to loosen any food items.

Once you have "steamed" the inside, a good wipe with a wet sponge with a little PH neutral dish soap will do wonders. Don't forget, once you have washed and wiped out the inside, to rinse it with a fresh, clean cloth of warm water and dry with a tea towel.

Lastly, I have tried the commercial microwave cleaners. These are packs that you buy at the grocery store and steam inside the microwave. They have a cleaning solution that is released and you wipe down the inside of the microwave in the same way as above. I personally have not found these necessary, as the boiling water trick works perfectly for me. But there are your solutions, let us know how it goes!



Your microwave's instruction manual should give cleaning directions. ISTOCK



# Cure the winter blahs with Italian-style Onion Soup

1. In a large saucepan over medium heat, cook the pancetta until it is golden. Transfer it to a plate using a slotted spoon.

2. Return the saucepan to medium heat. Add the olive oil and onions, then cook, covered but stirring occasionally, until very soft, about 20 minutes. Remove the cover and cook, stirring frequently, for another 35 to 45 minutes, or until the onions are golden

brown and caramelized. Add the wine and boil until it is reduced by half. Add the broth and simmer for another 20 minutes.

3. Bring a large saucepan of salted water to a low simmer. Add the vinegar.

4. Crack each egg into a small glass. One at a time, gently and slowly pour each egg into the simmering water, bringing the lip of the glass right

down to the water so that the egg slides in. Depending on the size of your pan, you may need to cook them in 2 batches. Cook for 4 minutes, then use a slotted spoon to lift each egg out (letting excess water drip away).

5. To serve, ladle the soup

into 4 bowls. Top each with a poached egg, sprinkle with some of the cheese, some of the pancetta and pepper to taste. Serve each portion with 2 toasts on the side.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

## Ingredients

- 2 oz chopped pancetta
- 3 tbsp extra-virgin olive oil
- 3 lbs yellow onions, thinly sliced
- 1 cup red wine
- 5 cups low-sodium beef or chicken broth
- Kosher salt
- 1 tbsp white or cider vinegar
- 4 large eggs
- 1 1/2 oz Parmigiano-Reggiano cheese, finely grated (about 1/2 cup)
- Ground black pepper
- Eight 1/2-inch-thick baguette slices, toasted

## Country Chicken Casserole. Cold January days call for comfort eats



1. In a large saucepan, heat 10 ml (2 tsp) of the oil over medium heat. Sauté garlic, leek, carrots, parsnips, mushrooms, 4 ml (3/4 tsp) of the thyme, salt and pepper for 6 minutes or until vegetables are tender-crisp.

2. Whisk flour into milk; gradually stir into saucepan along with broth and mustard. Cook, stirring, for 5 minutes or until bubbling and thickened. Remove from heat. Stir in chicken and peas. Spoon into a 2-l (8-cup) baking dish.

3. In a bowl, toss bread with remaining oil and thyme until coated; sprinkle over chicken mixture. Bake in a 220 C (425 F) oven for 12 to 14 minutes or until bread is toasted and sauce is bubbling. THE CANADIAN PRESS/FOODLAND ONTARIO

## Ingredients

- 20 ml (4 tsp) olive oil, divided
- 3 cloves garlic, minced
- 1 leek (white and light green parts), chopped
- 250 ml (1 cup) each sliced carrots and parsnips
- 250 ml (1 cup) quartered mushrooms
- 6 ml (1 1/4 tsp) dried thyme leaves, divided
- 1 ml (1/4 tsp) each salt and pepper
- 45 ml (3 tbsp) all-purpose flour
- 250 ml (1 cup) 1 per cent milk
- 250 ml (1 cup) sodium-reduced chicken broth
- 10 ml (2 tsp) Dijon mustard
- 500 ml (2 cups) shredded cooked chicken or turkey
- 125 ml (1/2 cup) frozen peas
- 500 ml (2 cups) torn whole-wheat bread pieces

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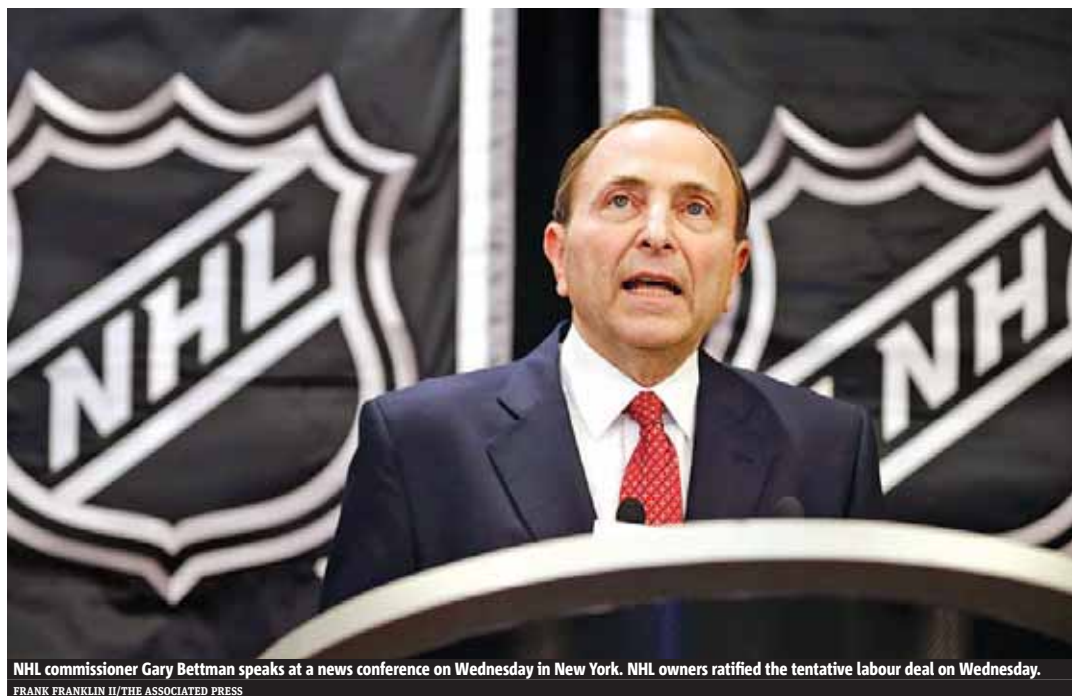
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NHL commissioner Gary Bettman speaks at a news conference on Wednesday in New York. NHL owners ratified the tentative labour deal on Wednesday.  
FRANK FRANKLIN II/THE ASSOCIATED PRESS

## Sorry for the wait, commissioner says

**NHL.** Bettman makes clear he intends to celebrate his 20th anniversary in role on Feb. 1 and remain in office long beyond that

With the third lockout on his watch finally nearing its end, Gary Bettman appeared a humble and apologetic man.

The NHL commissioner told fans, players and sponsors that he was sorry the start of the season was delayed by more than three months. The apology came in the form of an unexpected "personal statement" delivered to reporters Wednesday

day after he announced that owners had unanimously voted in favour of ratifying the new collective bargaining agreement.

"To the players who were very clear they wanted to be on the ice and not negotiating labour contracts, to our partners who support the league financially and personally, and, most importantly, to our fans, who love and have missed NHL hockey, I'm sorry," said Bettman. "I know that an explanation or an apology will not erase the hard feelings that have built up over the past few months but I owe you an apology nevertheless."

It was the first public sign the NHL was ready to start rebuilding an image tarnished

by more labour disputes over the last 20 years than any of the other North American pro sports leagues.

This was Bettman as he's rarely seen. Standing behind a podium in the same hotel where he had a notorious blow-up during a press conference last month, the contrite commissioner took his medicine. It might have been his only choice.

Bettman was publicly labelled everything from a "cancer" to an "idiot" by players during the course of negotiations that stretched over six months.

The commissioner wouldn't give details about what the league would do to make it up to the fans, but said there are

### Players set to vote

- The players aren't expected to start their own ratification vote until Friday. It will be conducted electronically over two days and needs majority support from the roughly 740 union members to pass.
- If all goes to plan, the process would be completed by Saturday and training camps would open around the league on Sunday.

plans in the works.  
THE CANADIAN PRESS

### Baseball

## Voters fail to elect new HOF members

Steroid-tainted stars Barry Bonds, Roger Clemens and Sammy Sosa were denied entry to baseball's Hall of Fame, with voters failing to elect any candidates for only the second time in four decades.

In a vote that keeps the game's career home run leader and one of its greatest pitchers out of Cooperstown — at least for now — Bonds received just 36.2 per cent of the vote and Clemens 37.6 in totals announced Wednesday by the Hall and the Baseball Writers' Association of America, both well short of the 75 per cent necessary.

Sosa, eighth on the career home run list, got 12.5 per cent.

Craig Biggio, 20th on the career list with 3,060 hits, topped the 37 candidates with 68.2 per cent of the 569 ballots, 39 shy of election.

THE ASSOCIATED PRESS

### NHL

## Burke out, Nonis in as Leafs GM

The Toronto Maple Leafs dropped a bomb on the



Brian Burke  
GETTY IMAGES FILE

hockey world Wednesday, firing general manager Brian Burke and replacing him with his protégé Dave Nonis.

The surprising news comes just days before the lockout-shortened season is about to begin.

Maple Leafs Sports and Entertainment president Tom Anselmi said Burke will remain with the Leafs as a senior adviser.

THE CANADIAN PRESS

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# Spurs put boots to ailing Lakers

**NBA.** No joy for Los Angeles as banged up team drops another tough game

A hard-fought loss against a longtime rival did little to brighten the mood of one of the more tumultuous seasons in the storied history of the Los Angeles Lakers.

Tony Parker scored 24 points and the San Antonio Spurs handed the slumping Lakers their fifth straight loss with a 108-105 victory Wednesday night.

Manu Ginobili added 19 points and Tiago Splitter and Stephen Jackson had 14 each for San Antonio (28-10), which has won 11 straight at home. Splitter also had a career-high 14 rebounds.

Kobe Bryant had 27 points, Metta World Peace added 23 and Earl Clark 22 for Los Angeles (15-20). Bryant was 10 for 24 from the field, missing a 3-pointer on his final attempt



Kobe Bryant catches his breath on Wednesday in San Antonio.  
THE ASSOCIATED PRESS

that would have tied the game. Clark missed a follow-up 3 off a long rebound.

What can the Lakers take from such a battle?

"We lost five in a row," Bryant said. "It's pretty self-explanatory."

Coming off a 125-112 loss at Houston on Tuesday, the Lakers fought until the final buzzer.

Bryant's three-pointer

pulled Los Angeles to 105-99 with 3:32 remaining. The three led to duelling cries of support between a large contingent of Lakers fans seated near the Los Angeles bench and Spurs fans.

Did the effort give Lakers coach Mike D'Antoni reason to smile?

"No, not really," he said. "I'm proud of their effort. They fought. They fought last night against Houston. You can see the team getting some traction, but we're a long ways away from a smile."

Even with Lakers big men Dwight Howard, Pau Gasol and Jordan Hill out with injuries, the Spurs managed only a 48-40 rebounding advantage. Los Angeles forced 19 turnovers to keep the game close throughout.

Bryant had a sluggish start offensively and the Lakers fell behind 54-45 at the half.

His first basket came with less than a minute remaining in the first quarter and he closed the half two for six from the field."

THE ASSOCIATED PRESS

## NBA EASTERN CONFERENCE

	W	L	Pct	GB
Miami	23	10	.697	—
New York	23	11	.676	1/2
Indiana	21	14	.600	3
Atlanta	20	14	.588	3 1/2
Chicago	19	14	.576	4
Brooklyn	20	15	.571	4
Millwaukee	18	16	.529	5 1/2
Boston	18	17	.514	6
Philadelphia	15	22	.405	10
Toronto	13	22	.371	11
Detroit	13	23	.361	11 1/2
Orlando	12	23	.343	12
Charlotte	9	25	.265	14 1/2
Cleveland	9	28	.243	16
Washington	5	28	.152	18

## WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	27	8	.771	-1/2
L.A. Clippers	27	8	.771	-1/2
San Antonio	28	10	.737	—
Memphis	22	10	.688	3
Golden State	22	11	.667	3 1/2
Houston	21	15	.583	6
Denver	21	16	.568	6 1/2
Portland	19	15	.559	7
Utah	19	18	.514	8 1/2
Minnesota	16	16	.500	9
L.A. Lakers	15	20	.429	11 1/2
Dallas	13	22	.371	13 1/2
Sacramento	13	22	.371	13 1/2
Phoenix	12	25	.324	15 1/2
New Orleans	10	25	.286	16 1/2

**Wednesday's results**  
Utah 112 Charlotte 102  
Cleveland 99 Atlanta 83  
Toronto 90 Philadelphia 72  
Boston 87 Phoenix 79  
San Antonio 108 L.A. Lakers 105  
Milwaukee 104 Chicago 96  
Oklahoma City 106 Minnesota 84  
New Orleans 88 Houston 79  
Denver 108 Orlando 105  
Dallas at L.A. Clippers  
Memphis at Golden State  
**Tuesday's results**  
Indiana 87 Miami 77  
Brooklyn 109 Philadelphia 89  
Milwaukee 108 Phoenix 99  
Minnesota 108 Atlanta 103  
Houston 125 L.A. Lakers 112  
**Thursday's games**  
New York at Indiana, 8 p.m.  
Dallas at Sacramento, 10 p.m.  
Miami at Portland, 10:30 p.m.

## AHL

**Wednesday's games**  
Syracuse at Rochester  
Binghamton at W-B/Syracuse  
Grand Rapids at Rockford  
**Tuesday's results**  
Hamilton 2 Toronto 1  
Hershey 4 Bridgeport 3 (OT)  
Portland 7 Worcester 3  
**Thursday's game — All Times Eastern**  
Lake Erie at San Antonio, 8 p.m.

## NFL

### PLAYOFFS

**DIVISIONAL PLAYOFFS**  
**Saturday's games — All Times Eastern**  
AFC — Baltimore at Denver, 4:30 p.m.  
NFC — Green Bay at San Francisco, 8 p.m.  
**Sunday's games**  
AFC — Seattle at Atlanta, 1 p.m.  
NFC — Houston at New England, 4:30 p.m.  
**CONFERENCE CHAMPIONSHIPS**  
**Sunday, Jan. 20**  
AFC and NFC (Dates and Times TBD)  
**SUPER BOWL**  
**Sunday, Feb. 3 — At New Orleans, La.**  
AFC vs. NFC champions, 6 p.m.

## SOCCER

### SPAIN

**COPA DEL REY**  
**Second Leg**  
**Wednesday's results**  
Sevilla 1, Malaga 2 (Sevilla advances 6-2 on aggregate)  
Real Madrid 4, Celta Vigo 0 (Madrid advance 5-2 on aggregate)  
Zaragoza 2, Levante 0 (Zaragoza advance 3-0 on aggregate)

## ENGLAND

### LEAGUE CUP SEMIFINALS

**First Leg**  
**Wednesday's result**  
Chelsea 0, Swansea City 2

## ITALIAN

### COPPA ITALIA

**Wednesday's result**  
Juventus 2 AC Milan 1

## TENNIS

### ATP WORLD TOUR HEINEKEN OPEN

**Wednesday's results**  
At Auckland, New Zealand  
**Singles**  
**Second Round**  
Sam Querrey (4), United States, def. Olivier Rochus, Belgium, 7-5, 6-3.  
Xavier Malisse, Belgium, def. Santiago Giraldo, Colombia, 7-6 (6), 6-4.  
Philipp Kohlschreiber (2), Germany, def. Alejandro Falla, Colombia, 7-6 (4), 4-6, 6-3.  
Lukas Lacko, Slovakia, def. Thomas Bellucci (8), Brazil, 6-3, 6-5.  
Gael Monfils, France, def. Greg Jones, Australia, 6-4, 6-2.  
Jesse Levine, Canada, def. Brian Baker, United States, 7-5, 6-4.  
Tommy Haas (3), Germany, def. Igor Sijsling, Netherlands, 6-3, 6-4.  
David Ferrer (1), Spain, def. Yen-hsun Lu, Taiwan, 6-4, 2-6, 6-3.

### APIA INTERNATIONAL

At Sydney, Australia  
**Singles**  
**Men**  
**Second Round**  
Denis Istomin, Uzbekistan, def. Fernando Verdasco (4), Spain, 6-3, 6-3.  
Julien Benneteau, France, def. Radek Stepanek (6), Czech Republic, walkover.  
Marcel Granollers (8), Spain, def. Fabio Fognini, Italy, 6-2, 7-6 (4).  
Kevin Anderson, South Africa, def. Feliciano Lopez, Spain, 6-3, 6-4.  
Jarkko Nieminen, Finland, def. Gilles Simon (2), France, 6-3, 6-1.  
Ryan Harrison, United States, def. John Isner (1), United States, 6-4, 6-4.  
Bernard Tomic, Australia, def. Florian Mayer (5), Germany, 7-6 (4), 6-2.  
Andreas Seppi (3), Italy, def. John Millman, Australia, 6-2, 6-3, 6-3.

### Women

#### Quarter-finals

Agnieszka Radwanska (1), Poland, def. Roberta Vinci, Italy, 6-4, 7-5.  
Dominika Cibulkova, Slovakia, def. Sara Errani (3), Italy, 6-2, 6-1.  
Li Na (4), China, def. Madison Keys, United States, 4-6, 7-6 (2), 6-2.  
Angelique Kerber (2), Germany, def. Svetlana Kuznetsova, Russia, 6-3, 7-5.

#### Doubles

**Men**  
**First Round**  
Mahesh Bhupathi, India, and Daniel Nestor, Canada, def. Matthew Ebden and Marinko Matosevic, Australia, 3-6, 7-6 (2), 10-8.

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## Horoscopes

## ♈ Aries

March 21 - April 20

There is no limit to what you can do over the next few days, but you must have a clear idea of what it is you wish to accomplish. The chance of a lifetime could be heading your way at this very moment.

## ♉ Taurus

April 21 - May 21

Listen carefully to what someone tells you today and start thinking of ways you can use this information to make your everyday life more enjoyable. What you do with this knowledge matters more than where it came from.

## ♊ Gemini

May 22 - June 21

You have some serious issues to deal with, issues that will determine whether you make a big profit or a big loss. The most important thing is that your aims are realistic. Also, stick to what you are good at.

## ♋ Cancer

June 22 - July 23

You are determined to get to the bottom of a situation that has been worrying you for many weeks. What you find may surprise you but it will also help you understand why certain people have been acting strangely.

## ♌ Leo

July 24 - Aug. 23

Pace yourself sensibly today because the planets warn if you don't slow down you could do yourself some harm. If what you put into a task is more than what you get out of it then it's time to stop.

## ♍ Virgo

Aug. 24 - Sept. 23

This is still a good time of year for you and with Venus now moving through the most dynamic area of your chart romance and creativity are under excellent stars. What does your heart desire most? Go out and get it.

## ♏ Libra

Sept. 24 - Oct. 23

Cosmic activity in the domestic sector of your chart will make it easy to find the words that make a difference when dealing with loved ones and relatives. Always be nice, even when others are not being nice to you.

## ♐ Scorpio

Oct. 24 - Nov. 22

You will turn on the charm today and get anything — yes, anything — you desire. When the mood takes you, as it does now, you know exactly what to say to wrap friends and loved ones round your little finger.

## ♑ Sagittarius

Nov. 23 - Dec. 21

Because you don't like to cause a scene, you may have let someone get away with too much in recent weeks. Now you must get a grip on the situation and make sure they know it was a one-off event.

## ♒ Capricorn

Dec. 22 - Jan. 20

People will make a better job of things if you give them the freedom to make decisions. With both the Sun and Venus moving through your sign, you don't have to worry about them getting it wrong.

## ♒ Aquarius

Jan. 21 - Feb. 19

You must never be afraid to use a few harsh words if you think they are needed, and it seems they are needed now. Partners and work colleagues must be made to realize that you will not be pushed around.

## ♓ Pisces

Feb. 20 - March 20

Cosmic activity in some of the more dynamic areas of your chart will give you the energy and the self-belief to put yourself on show over the next 24 hours. Don't worry what others might think — just be yourself.

SALLY BROMPTON

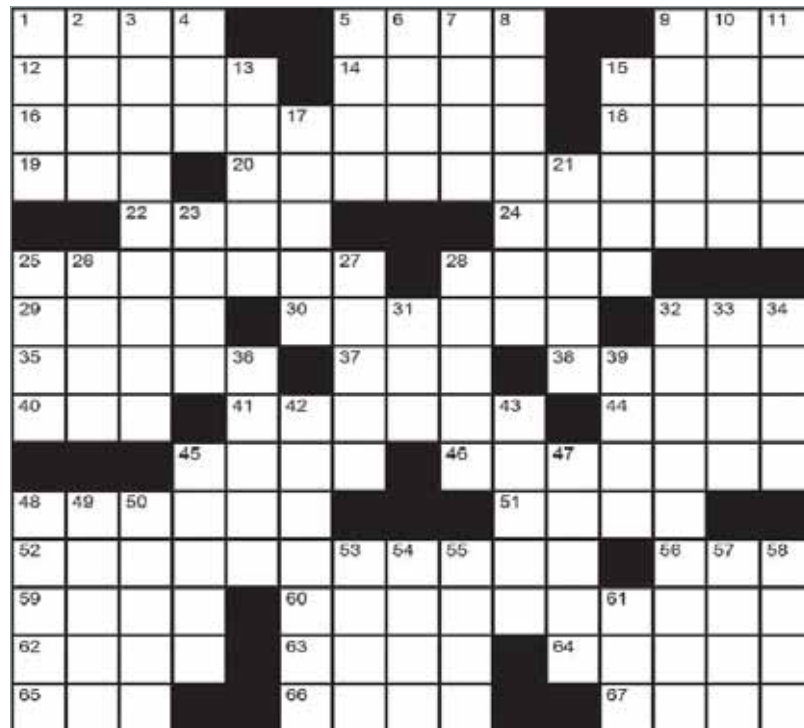
## Crossword: Canada Across &amp; Down

## Across

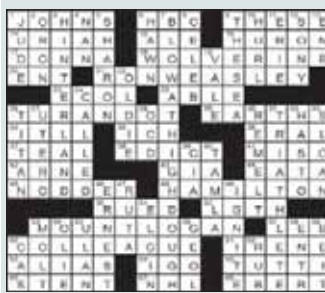
1. Peggys \_\_, NS
5. Ottawa-born singer/songwriter Paul
9. 7's phone letters
12. Crunchy
14. Luxury label
15. Character in The Legend of Sleepy Hollow, \_\_ Bones
16. "ET Canada" co-host Rick
18. Capital of Latvia
19. 2-\_\_ tissue
20. "Stompa" is a hit off this Juno-winner's latest album 'Harmony': 2 wds.
22. Ms. MacNeil
24. Good
25. Trend in manicures: 2 wds.
28. Green Gables girl
29. Approx. take-offs
30. Shakespearean verse
32. Angkor \_\_ (Temple in Cambodia)
35. Pool nuisance
37. Pre-\_\_ student
38. Rocker Bryan
40. Affiliation
41. Canadian grocery store chain
44. Diva's vocal
45. Power symbols for Pharaohs
46. Ads-emailed-in-bulk source
48. Maggie Smith's "Downton Abbey" role
51. Nitassinan is their homeland
52. Winnipeg's \_\_ Park
56. French possessive
59. Miss Lane of comics
60. Canadian director David
62. "Before \_\_ you go..."
63. Suffix to 'Billion'
64. Heckle
65. Rep.'s political rival
66. Parked cars areas
67. Tori of tunes

## Down

1. USSR, to Russians
2. Toothbrush brand, \_\_B
3. The great victory, and sacrifice, of the Canadian Corps of April 9th to April 12th, 1917: The Battle of \_\_
4. Clairvoyance, commonly
5. French aviation pioneer, Clement \_\_
6. Egypt's river
7. City on the Rhein
8. She gave Theseus thread to escape the Minotaur's labyrinth
9. " \_\_ & Prejudice" (2005)
10. Vancouver-born actor Seth
11. Intelligent
13. Penne, for example
15. Actress, \_\_ Dallas Howard
17. Approaches
21. Designer, Oscar de la \_\_
23. Ingrid's "Casablanca" (1942) role
25. "Nifty!"
26. Mythical Hun king
27. Pyramids, pretty much
28. Comic actor Mr. Samberg's
31. Social pages word
32. Canadian \_\_ (Military attraction in Ottawa): 2 wds.
33. Marie-Claire's friend
34. Ivan the Terrible's job
36. German industrial city
39. Rhett's famous word
42. Hakim \_\_ (Eyewear chain)
43. Back
45. Names on it are Brad, Halle, George, etc.
47. Concerning
48. Authenticated
49. River of Brittany in France
50. Susan Aglukark song: " \_\_"
53. Vigour
54. Astronomy's \_\_ cloud
55. Chemical suffixes
57. Rubik's Cube inventor, \_\_
58. Mil. titles
61. Farm call



## Yesterday's Crossword

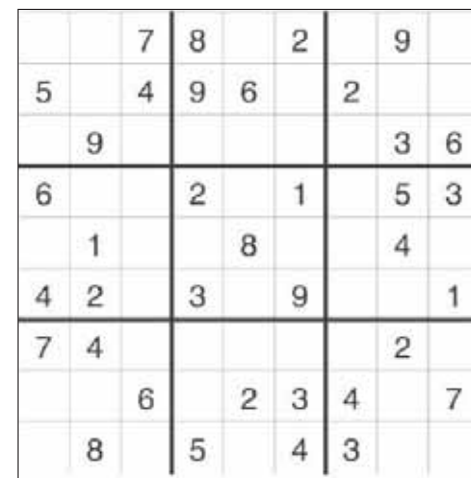


## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

MAX: -11°  
MIN: -11°

FRIDAY

MAX: -13°  
MIN: -21°

SATURDAY

MAX: -8°  
MIN: -14°ANDREW SCHULTZ  
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(Philippians 4:6)

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